General Overview …

**Essential Nutrients for Humans**

<http://healthyeating.sfgate.com/6-essential-nutrients-functions-4877.html>

**Essential Nutrients – specific names**

<http://www.magnesiumeducation.com/essential-nutrients-for-humans>

**Essential Nutrients – specific names**

<http://www.magnesiumeducation.com/essential-nutrients-for-humans>

**Merck Index – Finding Chemical Formulas and Structures**

<http://www.rsc.org/merck-index/>

Vitamins & Minerals …

**Vitamins and Minerals**

<http://kidshealth.org/teen/food_fitness/nutrition/vitamins_minerals.html>

**Vitamins and Minerals – What Do They Do?**

<http://www.netdoctor.co.uk/health_advice/facts/vitamins_which.htm>

Fats …

**Facts About Fats**

<http://www.healthykids.nsw.gov.au/recipes/facts-about-fats.aspx>

**Understanding Fats**

<http://lowfatcooking.about.com/od/lowfatbasics/a/fats1004.htm>

**Learning About Fats**

<http://kidshealth.org/kid/stay_healthy/food/fat.html#cat20754>

**What is Cholesterol?**

<http://kidshealth.org/teen/nutrition_fitness_center/nutrition/cholesterol.html#cat20754>

**How Essential Fatty Acids Benefit the Body**

<http://www.fitday.com/fitness-articles/nutrition/vitamins-minerals/how-essential-fatty-acids-benefit-the-body.html>

**Understanding Healthy Fats**

<http://weightloss.about.com/od/eatsmart/a/healthyfats.htm>

Proteins …

**Importance of Proteins in Your Diet**

<http://www.detourbar.com/protein-basics/the-importance-of-protein-in-your-diet/>

**What Happens if You Don’t Get Enough Protein?**

<http://www.livestrong.com/article/73310-happens-dont-enough-protein-diet/>

**Essential Amino Acids**

<http://hyperphysics.phy-astr.gsu.edu/hbase/organic/essam.html>

**Are You Getting Enough Protein?**

<http://www.webmd.com/food-recipes/protein>

Carbohydrates …

**How Many Carbs to Teens Need Every Day?**

<http://healthyeating.sfgate.com/many-carbohydrates-teens-need-day-6939.html>

**Carb Info**

<http://www.pamf.org/teen/health/nutrition/carbohydrates.html>

**Importance of Carbohydrates**

<http://www.eatingdisordersonline.com/nutritional/carbs.php>

**Types of Essential Carbs**

<http://faculty.fmcc.suny.edu/mcdarby/majors101book/chapter_03-chemistry/05-Important_Molecules_in_Living_Systems.htm>

**Why Fiber is Your Friend**

[http://faculty.fmcc.suny.edu/mcdarby/majors101book/chapter\_03-chemistry/05 Important\_Molecules\_in\_Living\_Systems.htm](http://faculty.fmcc.suny.edu/mcdarby/majors101book/chapter_03-chemistry/05%20Important_Molecules_in_Living_Systems.htm)

**Sources of Healthy Carbs for Kids**

<http://www.ehow.com/info_7923637_list-carbs-kids.html>